

SATURDAY 18 May

Briefing wod 3 + 4 @ 8:45 – 9:30

WOD 1

Heat 1	10:00 – 10:16	To4 Beginner + Intermediate	12
Heat 2	10:21 – 10:37	To2 (mf) Beginner	12
Heat 3	10:43 – 10:59	To2 (mf) RX To2 (mf) Intermediate	12
Heat 4	11:04 – 11:20	To2 (mm) Beginner To2 (mm) Masters	9
Heat 5	11:25 – 11:41	To2 (mm) Intermediate heat 1	11
Heat 6	11:46 – 12:02	To2 (mm) Intermediate heat 2	10
Heat 7	12:07 – 12:23	To2 (mm) RX	9
Heat 8	12:28 – 12:44	To2 (ff) Beginners To2 (ff) Masters	9
Heat 9	12:49 – 13:05	To2 (ff) RX To2 (ff) Intermediate	10

TURNAROUND WOD 3 to WOD 4

13:05 – 14:00

WOD 2

Heat 1	14:00 – 14:15	To4 Beginner + Intermediate	12
Heat 2	14:20 – 14:35	To2 (mf) Beginner	12
Heat 3	14:40 – 14:55	To2 (mf) RX To2 (mf) Intermediate	12
Heat 4	15:00 – 15:15	To2 (mm) Beginner To2 (mm) Masters	9
Heat 5	15:20 – 15:35	To2 (mm) Intermediate heat 1	11
Heat 6	15:40 – 15:55	To2 (mm) Intermediate heat 2	10
Heat 7	16:00 – 16:15	To2 (mm) RX	9
Heat 8	16:20 – 16:35	To2 (ff) Beginners To2 (ff) Masters	9
Heat 9	16:40 – 16:55	To2 (ff) RX To2 (ff) Intermediate	10